

NEW! Groundbreaking scientific study proves you can often

REVERSE
arterial plaque—
and REVERSE the
effects of heart disease—
without drugs or surgery!

Discover the simple *artery-healing program* that can help you reduce your risk of heart disease!

As reported in PREVENTION magazine!

Dear Friend,

A staggering discovery has been made!

Thrilling new research by medical experts has revealed scientific proof that you can often prevent, halt and even REVERSE heart disease naturally.

Without drugs and their side effects. Without surgery!

Consider these facts from California physician and Prevention editorial advisor Dr. Dean Ornish:

*Cholesterol levels saw "greater reductions ... than have ever been reported without using drugs."

*"After only one year, the majority (82%) of [program participants] ... demonstrated some measurable average reversal of their coronary artery blockages."

(over, please)

TRY IT FREE FOR 21 DAYS

"... even a small amount of reversal ... causes a relatively large improvement in blood flow to the heart ..."

"... blood flow to the heart may begin to improve in just a few weeks."

"Many participants in this program "were able to reduce their medications or eventually discontinue them altogether under the supervision of their physicians."

"... it's never too late to begin making ... changes."

Just released!
DR. DEAN ORNISH'S PROGRAM FOR REVERSING HEART DISEASE
--Try it free for 21 days!

This revolutionary new program shows you how to undo the damage caused by poor diet ... stress ... high blood pressure ... high cholesterol ... overweight ... and other controllable lifestyle factors.

If you already have heart disease, the Opening Your Heart Program may help you reverse it. If you're at risk, this unique plan can help you prevent coronary illness and live a happier, healthier life.

"This is the only program scientifically verified to begin healing heart disease without using cholesterol-lowering drugs or surgical interventions."

--Dr. Ornish

Other programs target just one or two risk factors. But Dr. Ornish's Opening Your Heart Program addresses them all--physical, emotional, even spiritual.

This comprehensive personal system starts with a delicious low-fat, low-cholesterol eating plan. Then it adds stress management, a short daily walk and other simple lifestyle adjustments.

In just one week, you'll feel more energetic and relaxed.

In four weeks, you'll likely notice a significant reduction in your cholesterol level. Very soon, you may start experiencing even greater physical and emotional benefits.

- *Lose weight--without feeling hungry
- *Lower high blood pressure
- *Reduce your cholesterol level
- *Help prevent osteoporosis
- *Relieve stress
- *Feel happier and enjoy a renewed zest for life
- *Start reversing artery-clogging plaque--
without drugs or surgery
- *And more

*The Only
Program of
its Kind!*

Hard scientific evidence and documented case histories confirm these remarkable results, which prove:

"We have the power to change our lifestyles
to begin healing ourselves."

--Dr. Ornish

That philosophy is the backbone of Prevention[®]. For nearly 40 years, we've promoted good nutrition, moderate exercise and a positive attitude as the keys to restoring and maintaining overall health.

The Opening Your Heart Program applies that same approach to heart health and gives you the guidelines and up-to-date information you need to begin healing your heart naturally:

*Offset
bad genes!*

*Too much fat in your diet can raise your cholesterol, but heredity determines how well your body eliminates it. Here's how to compensate for "bad" genes. Page 60.

*Traditional drug and surgical treatments often fail to halt or prevent heart disease. See what does, starting on page 12.

*Stress may make your arteries absorb more cholesterol--even if you eat a lower-fat diet. How to "stress-proof" your heart. Page 139.

*Thinking about taking an aspirin a day to help prevent a heart attack? Don't do it without your doctor's approval. See what the highly publicized aspirin study didn't tell you, page 67.

*The "hidden" trait that may be an important factor in nearly half the cases of coronary heart disease in the United States. (It isn't cholesterol, stress or diet!) Pages 85-87.

*Think the 30 percent-fat, low-cholesterol diet of the American Heart Association is the best diet for reversing heart disease? Guess again! In three major studies, the majority of participants who followed the AHA's guidelines found their blockages got worse. Page 262.

Listen to what Dr. Ornish and other program participants say about the Opening Your Heart diet--the same low-fat, low-cholesterol plan Dr. Ornish used in his research studies to achieve dramatic reversal of coronary blockages.

"[The Opening Your Heart diet is] the most effective diet for
lowering cholesterol and helping to prevent heart disease."

--Dr. Ornish

"On every other diet I've been on, I had to count calories.

I had to be careful not to eat too much. Now, I eat
until I'm full. ... I don't go around feeling deprived."

--Dwayne Butler, age 53

(over, please)

Dwayne Butler is just one of the many program participants who found they could eat as much as they wanted--and still lose weight! This breakthrough book shows you how.

Instead of a long list of dos and don'ts, you'll find lots of delicious choices that will satisfy your appetite while helping you clean out your arteries and shed unwanted pounds.

That's because the Opening Your Heart plan centers on very low-fat, low-cholesterol foods--foods your body has a hard time converting into body fat. Dr. Ornish also reveals:

*Why fish and fish oils aren't necessarily the best sources of heart-healthy omega-3s--and which foods are. See page 279.

*What diabetics must know about fish oils and their blood glucose levels. Page 279.

*The real cause of osteoporosis. It's not as simple as too little calcium in the diet. Page 300.

*And more.

In addition to diet, stress has long been recognized as a factor in coronary illness. And loneliness leads to stress. The Opening Your Heart Program shows you how to "let go" of the isolation and tension that can lead to ill health:

"The techniques ... are designed to increase our awareness of what is happening inside us -- physically, emotionally, and spiritually. Increasing our awareness extends our control over what is happening within. As a result, we can notice the effects of stress and make changes before they become full-blown illnesses such as heart disease."

--Dr. Ornish

"In this program I learned that I can't always control everything. ... I'm learning to let go of a lot of those things that were negative and to experience a greater sense of inner contentment. I don't define who I am by what I do like I used to. And I'm learning how to communicate better, how to speak from my heart instead of only from my head."

--Bob Finnell, age 53, program participant

This program shows you (as it showed Bob Finnell) how to open your heart to healing peace and intimacy with others ... how to "read" what is happening in your body before pain signals that something is wrong ... and how to use centuries-old relaxation techniques to deepen your self-awareness and relax muscles throughout your body--including the muscle that lines your coronary arteries.

*How to achieve deep, healing relaxation. Page 162.

*Visualization techniques that may increase blood flow to your heart. Page 175.

*How to boost your alertness instantly. Page 164.

*Simple breathing techniques you can do anytime, anywhere to calm yourself, body and mind. Page 164.

*How pent-up anger harms your arteries--and how to let go of anger and forgive. Page 279.

*How to free yourself from the isolation that may lead to heart disease and other illnesses. Page 249.

*Two surefire strategies to help increase intimacy and open your heart to others. Page 87.

*Four ways to communicate more effectively with others--including your doctor. Page 204.

What's more, you can help reduce stress and your risk of heart disease with just a half hour of exercise a day. Here's what Dr. Ornish says about exercise and heart health:

"... you don't really have to exercise very much in order to get most of the health benefits."

--Dr. Ornish

"I was never in shape, ever, since I was 15 years old. Never have I been able to do a lot of exercise. And now I'm capable of doing it. I mean, now I walk up some of the biggest hills in San Francisco. I used to get a heart attack just looking at them."

--Hank Ginsberg, age 63, program participant

At age 63, Hank Ginsberg is in better shape than some men half his age. Walking just 30 minutes a day can cut your risk of heart attack by helping you lose body fat ... lower high blood pressure ... prevent blood clots ... and raise the amount of "good" cholesterol in your blood. An enjoyable 12-week walking program plus dozens of practical tips show you how to exercise safely ... and have fun doing it!

What can the Opening Your Heart Program do for you?

"Physically, this program can help you open your heart's arteries and ... feel stronger and more energetic, freer of pain. Emotionally, it can help you open your heart to others and to experience greater happiness, intimacy, and love in your relationships. Spiritually, it can help you open your heart to a higher force and to rediscover your inner sources of peace and joy."

--Dr. Ornish

(over, please)

"... You look at the world from a different perspective.
You lose a lot of hate. You lose a lot of fear.
You start loving more. ... I look at myself in the mirror
and I'm beginning to like what I see. ...
I just feel like a new human being."
--Dwayne Butler, age 53, program participant

See for yourself how the Opening Your Heart Program can help you live the healthy, happier life you've always wanted!

Just detach and mail the enclosed postage-paid card today. When your copy arrives, examine it closely. Show the book to your doctor and get his or her professional opinion. Sample the delicious recipes ... begin the walking program ... try the stress-fighting techniques. **See how much better you feel!**

This breakthrough program is yours
FREE FOR 21 DAYS--
without cost or obligation!

If, after three weeks, you decide the healthy rewards of the Opening Your Heart Program aren't for you, simply return the book at our expense. You owe nothing for having tried it.

I'm convinced this revolutionary new program can help you prevent, halt--even REVERSE--heart disease just as it has for so many others. But see for yourself--and let better health and your new sense of well-being be the judge. Mail the enclosed card now!

**100% Satisfaction
Guaranteed!**

With heartfelt best wishes
for a happier, healthier life,

Mark Bricklin

Mark Bricklin
for Prevention magazine

P.S. Act now and I'll also send you a copy of Prevention's new Guide to Symptoms: What They Mean and What You Can Do About Them. This symptom-by-symptom reference shows you how to decipher--and treat--the confusing signals your body sends when it hurts, wheezes, aches and more. Order today!

FREE Bonus Book!